



THE PAPER RACE

THE NEWSLETTER OF THE KANKAKEE RIVER RUNNING CLUB SINCE 1979



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Remembering Howard Strassenburg

By Chuck Parsons

On a more than perfect day in April, getting ready for a long run of the week at the State Park, Marcia asked, "Did anyone know Howard Strassenburg?" I spoke up in the affirmative with less than awareness where it would lead. "Great," Marcia said. "Could you write an article for the newsletter?" Not wanting to offend, I agreed to set down words about a person who had now passed away, which I had never done before.

From time to time during the week you think what's to be said about an obviously talented and gracious person with whom you have had many fun and meaningful life experiences. Not only had I run various races with Howard over the years, but also had participated in a golf league with him for about six years, if memory serves. Then it dawned on me that the best bet was to write about running because this was showing up in a running newsletter. What literary acumen.

The very first time I met Howard was at a race. I can't quite remember whether it was the YMCA run or a run at the State Park, that Governor's series that I now avoid due to the length and the wear and tear on the knees and hips. My recollection was, "What is this old duffer doing in a race like this? Perhaps he's one of the walkers or just in it to rabbit for another geezer." It was back in the days when I thought anyone over the age of 40 was soon to find himself on the wrong end of a mortician's table. Howard must have been near 60, and I was in that "30" rage.

The gun went off and I got that rush of adrenaline and went out like a gazelle. I thought I was going to do a PR in the first 100 and then crept to reality at the mile and a half mark. What perplexed me most was that old timer was right on my heels and was strutting some mean stuff. How in the world was he keeping up such a pace? He would certainly drop over and need the paddles to the chest if he tried to keep up with Mr. Studly. I certainly didn't know what I had a hold of.

Toward the end of the last quarter it would finally come to bear that age would pull strongly on the legs and heart, and he would be beaten. Youth would win out. But, if you ever ran with Howard, he had that long, loping type of gate with arms rowing him along, almost adding to the work force. Then it dawned on me; this geriatric force could beat me and ruin my self-perceptions. All energies were thrown at just beating a graying man who should have known better than to be in an event designed for yuppies and X'ers. But it wasn't to be; Howard out-kicked me in the last 50 yards. I was defeated and handed a plate of humility.

We would run in many more races in the future, and he would never beat me again. As a matter of fact, Howard would always tell people about our first race when we talked about running. The truth be known, it was due to the age factor and nothing to do with ability, because I am certain that if there were a level playing field, I would never have had a chance. It was only later that I learned of Howard's world travels as a runner and his potential as an athlete and human being. Of course he was a great runner, but above that he was stellar friend and had a charming personality. Everyone liked and respected Howard. He never spoke a cross word and showed genuine interest in everyone's affairs.

As he failed in health, Howard was placed in a nursing home and didn't much like the idea. I had the opportunity to go and see him and wanted to talk about some of the races we had shared and maybe cheer up his day. Surprisingly, he couldn't remember who I was. He did remember some of the races he had run and started talking of them even though it wasn't timely in our conversation. It was not the best of experiences to see him in that frame of mind, but he was comfortable and the nurses were happy to know that he was a runner as it explained why he marched up and down the halls all day.

I can only hope to keep running and stay healthy as long as Howard did. I guess that's all our hopes. These words make me think of Howard and I hope they help you to recall him too.

"Life is either a daring adventure or nothing. To keep our faces toward change and behave like free spirits in the presence of fate is strength undefeatable." - Helen Keller

Your friend, Chuck Parsons

Foods as Fuel

By Chris DuVal

Runners are always looking for advice. Today we turn to the wisdom of Dave Thomas, founder of Wendy's. "Here's some advice, eat something."

More specifically, eat a balanced diet and have regular meals. Considering that even some athletes eat at irregular hours and go light on the fruits and vegetables, this is a good place to start. Most diets recommended for active people tend to be higher in carbohydrates, low in fat and include some protein. For example, 6 grams, 0.8 grams and 2 grams respectively for each kilogram of body weight. Consulting with a qualified dietician or nutritionist can be helpful, especially for the individual having trouble reaching goals such as weight loss or increased strength.

Besides what you eat, when you eat in relation to exercise is important. Obviously you don't want to eat a biggie sized meal before a hard workout or race, but what you eat during and after can make a big difference. Taking in carbohydrates and protein in a 4:1 ratio during any effort of 1 hour or more can significantly increase your endurance. The carbohydrates provide fuel for your muscles saving your stored carbohydrates/glycogen and delaying muscle fatigue. Intake of carbohydrates and protein can also supplement brain's usual energy source of blood glucose and branched amino acids obtained from the breakdown of protein. This allows you to delay or avoid that overall feeling of fatigue and sleepiness with the medical name of central nervous system fatigue, though more commonly known to runners as, "hitting the wall."

Right after your workout or race you have a window of opportunity to optimize your re-fueling for 30-60 minutes post-exercise, intake of protein and carbohydrates stimulate an insulin response that facilitates increased glycogen/fuel storage in the body as well as promoting muscle repair. Eating even a small amount during this time will keep this window open for up to 2 hours so that you can continue to load up.

Finding the right fuel source takes some trial and error experimentation. And here's some really good advice, do your experimenting during training, not during an important race. I've found that bagels, bananas, nuts, etc. work just fine after a workout or race, but not during. Sports drinks, energy bars and energy gels work well during an event. Others find different combinations work better for them. Just remember to eat something.

Summer Series 5K Runs

The dates for this years summer series 5K runs at 6 p.m. at Small Memorial Park are as follows:

• **Tuesday, June 11th -**

Tuesday, July 9th -

Tuesday, Aug. 13th -

Henry and Janet Shelly want to direct either the July 9th or the August 13th race. We need 2 more volunteer race directors. Anyone wanting to direct the June 11th run or either the July 9th or Aug. 13th runs please notify Marcia or Jeff a.s.a.p. at 933-1695. Directors can do whatever they like with the race/run and can get creative with awards. Have some fun and direct a Summer Series Tuesday night fun run at Small Memorial Park.

The dates of the Summer Series runs are also on the KRRC web-site at www.keynet.net/~krrc. Be sure to check out our updated web-site. Dave Barrett has been doing an awesome job keeping it current and creative. Also, please remember to use the **Road Runner Sports Banner** to order your new running shoes and clothes on-line. Our club is paid 5% of every sale so that helps to pay for the web-site. Thanks to Dave for taking so much time to keep our web-site looking good. Marcia Lonergan

Run & Brunch at the Shelly's

The Shelly's held a run & brunch at their house on Sunday, April 28th. Although the weather didn't cooperate as well as it did last year, we all enjoyed great food and great friends. Pat Pierce and Gerry & Judy Kilbride didn't let the high winds or cool temperatures keep them from getting in a morning run out on the Davis Creek Trail. They said it wasn't too bad out once they got on the trail because the trees blocked the wind. Jeff and I and several others weren't taking any chances and chickened out on the run. We opted to stay indoors and enjoy Janet's fine cooking. Thank you to Henry and Janet for their generosity and hospitality.

MAY B-days!

HAPPY BIRTHDAY TO...

NAME	B-DAY	AGE
Theresa Burgard	5/27/57	45
Randy Devore	5/26/48	54
Pam Dunlap	5/20/48	54
Chris DuVall	5/21/55	47
Katie Gremer	5/03/88	14
Ieshia Haynes	5/02/76	26
Charles Jr. Haynes	5/01/77	25
Dave Merillat	5/28/70	32
Phil Newberry	5/01/62	40
Jeff Renville	5/03/67	35
Henry Shelly	5/13/51	51
Doug Steeves	5/06/69	33
Troy Walker	5/17/74	28
Dan Weber	5/14/57	45

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FAST-N-FIT FOODS

BY JANET SHELLY

Cherry Puddles Cake -

From "Good Food That's Good for You... / Taste of Home Magazine

1/2 c margarine, softened
 1 c sugar
 1/2 c buttermilk
 4 eggs or egg substitute equivalent
 1 TBS. lemon juice
 1 tsp. vanilla extract
 2 c flour
 1 tsp. baking soda
 1 can (20 ounces) light cherry pie filling
 powdered sugar - optional

In a large mixing bowl, cream margarine and sugar. Beat in buttermilk, eggs, lemon juice and vanilla. Combine flour and baking soda; add to creamed mixture. Pour into a greased 13 x 9 inch pan. Use a knife to mark the batter into 24 rectangles; spoon a small amount of pie filling into the center of each. Bake at 350 degrees for 35 minutes or until a toothpick inserted near the center comes out clean. Dust with powdered sugar, if desired.

Be sure to make this "Light and Easy" cake for your Mom! Happy Mother's Day!

Wishing Pat Koerner a speedy (no pun intended) recovery after his knee surgery. Hope to see you in the front of the pack again soon!!

Leon & Shirley Malone

50th Wedding Anniversary - May 18th

Open House Sunday, May 19th

Kempton Legion Hall 1-4 p.m.

Congratulations Leon & Shirley !

THE STARTING LINE

KRRC MEMBERS OF ALL ABILITIES MEET AT THE KANKAKEE RIVER STATE PARK(PARKING LOT ACROSS FROM HEATED BATHROOMS) AT 8A.M. FROM MAY THRU OCTOBER AND 9A.M. FROM NOVEMBER THRU APRIL TO RUN AND SOCIALIZE ON OFF-RACE SUNDAYS. INDIVIDUALS MAY VARY THE STARTING TIME BASED ON DISTANCE THEY INTEND TO RUN AND THEIR PERSONAL OBLIGATIONS. BRING A RUNNING BUDDY AND JOIN US!

- May 4, Sat. Perry Farm Spring 4 Miler 8:30 am Tom Schelling 935-5665 ext. 133
May 4, Sat. Lake Run 4.375 Miler & 12K **LRC Circuit** 9 am Lake Bloomington (309) 828-1415
May 4, Sat. Indpls. Life 500 Fest Mini-Marathon 13.1 Mile Run & 5K Run/Walk 8 am Indianapolis www.tuxbro.com
May 11, Sat. Meteor May 5K & Kids Dash Mokena Intermediate School, 11131 W. 195th St. 8 am www.active.com
May 12, Sun. Y-Me Race 5K Run/1 or 3 Mile Walk Grant Park, Chicago 9 am (312) 294-8585 race@y-me.org
May 12, Sun. Groovin' in the Grove 5K Midwestern University, Downers Grove 8:30 am (630) 971-6401
May 18, Sat. Re-Run 2002 2/4 Miler Homewood, IL 8:30 am Karen (708) 799-1323 bugabpp9061@yahoo.com
May 18, Sat. Twin Cities Twosome 5K Crystal Lake Park, Urbana 9 am (217) 351-5076 ext 2342
May 18, Sat. 5K Duck Dash El Paso, IL 8 am (309) 527-4250
May 19, Sun. Strawberry Fest 5K 9 am **PSRR Circuit** Patrick O'Hara (815) 741-0867 Village Green in Plainfield
May 27, Mon. Streator YMCA 5K Run 9 am Ralph (815) 672-2148
May 27, Mon. Elgin Valley Fox Trot 10 Miler & 5K Run 8 am (847) 931-6120
June 1, Sat. Kankakee YMCA 5K Run **PSRR Circuit** 8 am (815) 933-1741 ext 232
June 8, Sat. Lake Mingo Trail Run 7.1 Miles Kennekuk Cove Country Park (217) 469-2134 www.kennekuk.com
June 8, Sat. Fitness Barn 5 Mile Run Portage, IN -Countryside Park 8 am
June 9, Sun. Turkey Festival 5K Tremont, IL 7:30 am (309) 662-4014
June 11, Tues. Summer Series 5K, Small Memorial Park, Kankakee 6p.m.
June 16, Sun. On The Right Track 5K Run/Walk Mendota YMCA 8 am (815)538-6603
June 16, Sun. Kilbride Classic 5K Run/2Mile Walk Cobb Park, Kankakee, IL 8 am Gerry Kilbride (815) 932-3885
June 20, Thurs. Short Run, Long Day Main Park, Frankfort 7 pm Frankfort Park District (815) 469-9400
June 30, Sun. Friendship Festival 5K Municipal Center, Bourbonnais 8 am Deb Renville (815) 932-7827
July 4, Thurs. Park to Park 5 Miler Bloomington, IL 7:30 am Ted (309) 452-4703
July 9, Tues. Summer Series 5K, Small Memorial Park, Kankakee 6p.m.
July 13, Sat. Dog Days 5K Lake Bloomington 6:30 pm Mitch Hobbs (309) 452-7749
July 20, Sat. The Heart of the Matter 5K Run/Walk St. Mary's Hospital, Kankakee, IL 8:00am Patty Kershaw (815)936-3256
July 28, Sun. Wilmington Catfish Fest 5K, South Island Park, Wilmington, IL 9:00am McGann Assoc. (815)476-2079
Aug. 10, Sat. Momenca Glad Run 5K & 10K Momenca High School 8:00a.m. Mike Hickey (815)472-2253
Aug 11, Sun. Manteno Women's Triathlon Manteno Sportsmen's Club 8 am (503) 617-4644 www.pmevents.com
Aug. 13, Tues. Summer Series 5K, Small Memorial Park, Kankakee 6p.m.

THE FINISH LINE

April 27 Starved Rock 3 Mile Membership Run

Phil Newberry	19.33	1 AG
Charlie Grotevant	21.16	1 AG
Carol Pratt	21.24	1 AG
Bob Pool	22.34	2 AG
John Pool	22.42	
Jeff Lonergan	22.51	
Colin Koerner	24.17	3 AG
Pat Koerner	24.18	
Dick Manthei	29.20	

Charlie Grotevant's Race Times

March 9 Miller Park Zoo 5K Bloomington 21:57 2AG 60+

March 17 St. Pat's 5 K Bloomington 21:17 2AG 60-64

March 23 Mountain Goat 15K Danville 1:13:25 57 of 198

Apr. 6 Lincoln Memorial Classic 1/2 Marathon Springfield, IL
1:40:46 1AG 60+

Apr. 13 Eureka Spring Classic 4 Miler Eureka, IL 27:54 2AG 60-64

Apr 20 Christie Clinic 10K Champaign, IL 44:20 2AG 60+

Apr 27 Starved Rock Membership Run 3 Miler Ottawa, IL 21:15
1AG 60-64